processing the sampled data to determine a number representative of the sampled data for the time period;

adding the number to an accumulator number to provide an updated accumulator number; and

determining a value based upon the updated accumulator number and an expected maximum number, wherein the determining the value comprises:

determining a ratio based on a comparison of the updated accumulator number and the expected maximum number; and

multiplying the determined ratio by a range number.

19. The method of claim **18**, further comprising presenting the determined value to a user.

20. The method of claim **18**, wherein the detected data is indicative of a number of physical repetitions.

* * * * *